THANKSGIVING: EAT HEALTHY & STAY ON A BUDGET

Thanksgiving Break is approaching! While some students are going home for the break, other students are staying near campus during this time.

The holidays often prove to be a particularly challenging time when campus dining halls and cafes close their doors. Thankfully, there are many options near campus that will allow you to eat healthily and stretch your budgets.

PLAN AHEAD. Stock up on healthy foods that will require minimal prep time or can easily be microwaved if your access to cooking facilities will be limited. For advice on how to eat on a budget, see uhs.berkeley.edu/whatseatingyou.

CAL DINING HOURS
Thanksgiving Day, 11/24: 3-5pm
Friday, 11/25: Brunch 11am-1pm; Dinner 5-7pm
Saturday, 11/26: Brunch 11am-1pm; Dinner 5-7pm
Sunday, 11/27: Brunch 11am-1pm, Dinner 5-9pm

Note: Only Cafe 3 and Bear Market will remain open during the Thanksgiving Break (Nov. 24-26). Cal Dining will resume regular services on Sun. 11/27 evening, with all dining halls open at 5pm. Except CKC which will open at 5:30pm.

LOW-COST GROCERY OPTIONS
Trader Joe’s: 1885 University Ave. OR 5727 College Ave.
- Frozen food section recommendations: section includes stir-fry, tamales, lasagna, brown rice and mixed vegetables.

Safeway: 1444 Shattuck Place OR 6310 College Ave.
- Safeway is perfect for whole wheat loaves of bread, instant oatmeal, peanut butter and jelly, yogurt, lunch meat, canned tuna, cereal, milk and frozen vegetables that can be steamed in the microwave.

Berkeley Student Food Collective, foodcollective.org:
2440 Bancroft Way #102 (Across from Eshleman Hall)
- The Berkeley Student Food Collective offers a great selection of reasonably priced local produce.

The Dollar Tree: 2442 Durant Ave.
- The Dollar Tree is perfect for frozen fruits and veggies, canned tuna, instant rice, dried fruits and nuts, whole wheat bread, canned beans, instant oatmeal and trail mix.

Berkeley Bowl: 2020 Oregon St. (1.3 mile from campus)
- Although Berkeley Bowl carries items that are generally on the more expensive side, their produce sections are always stocked with low-cost fruits and veggies.

LOW-COST EAT OUT MEALS
- Cheese N’ Stuff: 2442 Durant Ave.
- Sam’s Market: 2312 Telegraph Ave.
- Caffé Mediterraneum: 2475 Telegraph Ave.
- Sheng Kee Bakery: 2307 Telegraph Ave.

UC BERKELEY FOOD PANTRY
NEW LOCATION
#68 MLK Student Union (Basement)
Bring your Cal ID.
pantry.asuc.org
Thanksgiving Hours:
- Monday 9am-5pm
- Tuesday 9am-5pm
Check the website for more up to date hours.

FREE MEALS IN THE COMMUNITY
More information and locations are available online.

Coffee 6:30-7am, Breakfast 7-8am, Late Lunch 3pm, Lunch 12-1pm, Dinner 3:30-4pm, Wednesdays 5pm

Thanksgiving Holiday offerings:
- McGee Avenue Baptist Church: Thanksgiving Day meal on Wed. 11/24 from 11am-2:30pm
- Women’s Daytime Drop in Center: Thanksgiving Holiday Party on Tues. 11/23 at 12pm
- Trinity United Methodist Church: Thanksgiving meal on Wed. 11/24 at 1pm or conclusion of service
- Night on the Streets Catholic Worker: Community meal on Tues. 11/23 on 10th and Broadway at Oakland Merritt, food served around 11:30am/12:30pm

EMERGENCY FUNDS
Consider applying for a 60-day interest-free Emergency Loan before the deadline on Friday, December 16 at 2pm: financialaid.berkeley.edu/short-term-emergency-loan
You may also apply for additional food assistance through the Financial Aid Office. Submit an application for Additional Food Assistance by Friday, December 16 at 2pm: financialaid.berkeley.edu/short-term-emergency-loan

Assistance to the Financial Aid and Scholarships Office for consideration: financialaid.berkeley.edu/food-assistance-program
For additional information, contact Tang Center’s Social Services at (510) 642-6074 or Ruben Canedo (Centers for Educational Equity and Excellence (CE3) at elias_canedo@berkeley.edu.

uhs.berkeley.edu/foodresources
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